



The media's job is to
interest the public in
the public interest.

- John Dewey



OFFICES

Boulder Office

3980 Broadway Suite 103 Box 139
Boulder, CO 80304
Phone: 303.448.9105
Toll free: 888.891.9416
Fax: 208.247.1830

Boise Office

1810 West State Street #420
Boise, ID 83702
Toll free: 888.891.9416
Fax: 208.247.1830

STAFF LIST

Lark Corbeil
Managing Editor
lark@publicnewsservice.org

David Crandall
Business Manager
dcrandall@publicnewsservice.org

Susan Green
Development Director
sgreen@publicnewsservice.org

Deb Courson
Editor
dcourson@publicnewsservice.org

Skip Wood
Editor
swood@publicnewsservice.org

Rob Ferrett
Editor
rferrett@publicnewsservice.org

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Minnesota Has A Healthy Heart

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January 7, 2008

Minneapolis, MN – Minnesotans have the healthiest hearts in the nation, according to the *America Heart Association*. Spokeswoman Elizabeth Warmka says the state's low death rates for all cardiovascular diseases, including stroke, can be attributed to some major lifestyle changes.

"We know that people getting more exercise, eating healthier, seeing their doctor, and quitting smoking reduces their risks. Minnesota has been a leader in a lot of these things for many years, and now we're seeing the results of that effort."

The report finds Minnesota has the lowest rate of coronary heart disease in the nation, and that it has decreased by almost half over the past decade. Nationwide, the rate is also decreasing.

Warmka believes childhood obesity will continue to be a major concern, because it can lead to lifelong health problems. She explains, however, that there are ways to avoid it.

"As adults, we need to set an example for our children by eating a balanced diet and exercising at least 30 minutes most days of the week. Doctors' visits should include getting the numbers we should all know, such as cholesterol, glucose, and blood pressure."

Warmka also believes it is important to continue the state's momentum, by ensuring that heart-healthy education is part of the school curriculum.

“It is important to tell our schools what’s important to us, to make sure these messages are getting through in our schools via health and physical education classes, and that these programs are not cut.”

Warmka is hopeful Minnesota’s new bar and restaurant tobacco ban will further reduce heart disease and other chronic ailments. More information about the heart health report is available online at www.americanheart.org.

Jim Wishner/John Robinson, Public News Service - MN

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